



Cheeky: (left to right) Kylie's hotpant-clad bottom, Naomi Campbell's toned tush, Cameron Diaz and Demi Moore's beach bums, Beyoncé's booty and J-Lo's lovely behind

Dieting: The bottom line

What do you eat if you want to hit the beach this summer with a behind like Kylie's? **JANE YETTRAM** gets to the bottom of the celebs' favourite diets and gives you an eating and exercise plan that will really work.

It's holiday time, so it's also high season for diets. Every star worth her Gucci cut-out swimsuit is trying to shift the last pounds so she's paparazzi-perfect, so why shouldn't we? But do the celeb food fads really work? We asked Dr Frankie Phillips of the British Nutrition Foundation to give us the truth behind celebrity diets. Check out each one's 'bum rating' before you rely on any of them to give you the perfect rear view.

The salmon diet (aka the Perricone Programme)

Who does it? Julia Roberts (pictured centre right), Heidi Klum
What is it? Dr Nicholas Perricone's regime aims to banish wrinkles. It also claims you'll lose weight. The diet? Two portions of grilled salmon each day, plus certain fruits and vegetables. Only some carbohydrates are allowed – but not bread, pasta, potatoes, rice, bananas, carrots, grapes or oranges.

The bottom line? 'Eating large amounts of protein puts a strain on the kidneys,' says Dr Phillips, who also points out that the Government recommendation is to eat two portions of fish a week. This diet far exceeds that amount and eating so much fish may cause you to cut out other essential foods.

Bum rating:



The Atkins diet

Who does it? Renée Zellweger, Geri Halliwell, Nigella Lawson (pictured top left)

What is it? The 'can the carbs' diet means high-protein, high-fat fry-ups are allowed but carbohydrates – bread, pasta and even fruit – are out. Carbs, it claims, boost insulin levels, encouraging fat to be stored.

The bottom line? 'Restricting wholegrain starchy carbohydrates, fruits and some vegetables flies in the face of all dietary advice,' says Dr Phillips. A lack of fibre leads to constipation and high fat intake leads to heart disease.

Bum rating:



The cabbage soup diet

Who does it? Sarah Michelle Gellar, Joanna Lumley (pictured left bottom)

What is it? Well, there's cabbage soup followed by cabbage soup then, er, some cabbage soup. You do get some fruit, baked potatoes, brown rice, protein and vegetables, but only at specified times during this extremely low-calorie, seven-day plan.

The bottom line? 'Crash diets are the ultimate short-term fix,' says Dr Phillips. 'You'll lose weight quickly but not in the long-term.' That's because you're not losing fat so much as glycogen, which is stored in the liver and muscles.

When the diet ends, your body replenishes its glycogen stores and the weight piles back on. Plus, you'll have cabbage-scented farts.

Bum rating:

Food combining

Who does it? Elizabeth Hurley, Sophie Dahl (pictured centre left)

What is it? You never mix proteins and carbohydrates in the same meal, as it's claimed proteins need an acid environment to be digested, while carbs need an alkali environment.

The bottom line? 'It makes no sense to separate protein and carbohydrate,' says Dr Phillips. 'Legumes (such as lentils) are a healthy food that combine protein and carbohydrate, yet the body has no problem digesting them.'

Bum rating:

Facial analysis diet

Who does it? Kate Winslet (pictured left bottom), Mel C

What is it? Your face shape and skin condition are said to reveal nutritional deficiencies and food intolerances. So red ears or droopy cheeks indicate which foods to avoid. Kate Winslet cut out dairy foods when she did it.

The bottom line? Facial shape is unrelated to nutrition and although certain skin conditions can be a sign of inadequate vitamin intake, serious deficiencies are unlikely in the well-fed Western world. 'Cutting out food groups may also be dangerous,' warns Dr Phillips.

'If young women avoid dairy products without eating alternative sources of calcium they'll suffer bone problems in the future.'

Bum rating:

Zone diet

Who does it? Sandra Bullock, Jennifer Aniston (pictured top left)

What is it? Keep your calculator handy because each meal must contain 40 per cent carbohydrate, 30 per cent protein and 30 per cent fat. The lower-than-usual carb intake is said to promote faster fat-burning.

The bottom line? 'The Government-recommended proportions are 50-55 per cent carbohydrate, 30-35 per cent fat and 10-15 per cent protein,' says Dr Phillips, 'but at least no food group is banned completely.'

Bum rating:

MHZ'S BOOTYLICIOUS DIET

Sadly, you can't wave a magic grapefruit and turn into J-Lo. But losing weight sensibly is possible.

Dr Phillips recommends a balanced diet with a range of foods: lots of fruit and vegetables (at least five portions a day), wholegrain starchy carbohydrates and a little lean protein such as chicken, fish, tofu or pulses.

Drink plenty of fluids, and avoid pig-out portions. Cut back on sugary foods and choose low-fat options – but beware of low-fat products that add lots of sugar to compensate.

Aim to drop no more than 2lb a week and make dieting a long-term plan.

'Never try a starvation diet or leave out any food group,' says Dr Phillips.

Exercise is crucial. You need to burn up more energy than you take in through food. Thirty minutes five times a week is ideal – so bin the heels and lace up those trainers.

The best way to up your exercise quota is to fit activity into your everyday routine, by walking or cycling to work, for example. That way, you won't feel you're chained to the treadmill.

Bum rating:



DO YOU REALLY NEED TO LOSE WEIGHT?

Wallis Simpson got it wrong: You can be too thin. The best way to work out whether you really need to slim down is to calculate your Body Mass Index (BMI). If it's between 20 and 25, you're fine.

- 1 Measure your height in metres and multiply the number by itself. For example, if you're 1.7m (5ft 7in) tall: 1.7 x 1.7 = 2.89
- 2 Check your weight in kilograms. For example, 64kg (ten stone).
- 3 Divide your weight by the answer you got in step 1. The number you are left with is your BMI. For example: 64 divided by 2.89 = 22.14.

MHZ ALERT! BEING PERSISTENTLY UNDERWEIGHT CAN LEAD TO OSTEOPOROSIS IN LATER LIFE

BUM RATING KEY

- Total pants
- Bit of a flop
- Gluteus medium
- Firm favourite

■ **FURTHER HELP:** For more information on healthy eating, check out the British Nutrition Foundation website www.nutrition.org.uk